

Maintain Don't Gain CHALLENGE

November 20th – December 31st, 2014

Maintaining your body weight during the holiday season can be difficult. This challenge will encourage behaviors that support weight management by promoting healthy eating, regular physical activity, and a balanced consumption of treat foods and alcoholic/sugary beverages. These habits are supportive of maintaining weight while celebrating a healthy holiday season!

Earn 1 point per activity per day by completing the following activities:

1.

EXERCISE 30 MINUTES OR MORE

4.

LIMIT TREAT FOODS TO 1 SERVING OR LESS

2.

EAT A HEALTHY BREAKFAST

5.

LIMIT ALCOHOLIC/SUGARY BEVERAGES TO 1 SERVING OR LESS

3.

EAT A HEALTHY LUNCH

BONUS!

WEIGH YOURSELF

Earn 1 bonus point per week for weighing yourself. Track your activity points on Mondays.

How the Challenge Works

1. During the Challenge, keep track of the healthy behaviors you practice daily.
2. You will receive 1 point for each healthy behavior that you practice each day. You can earn up to 5 points each day.
3. Your goal is to accumulate 145 points in 6 weeks with activities that support weight management and healthy living.
4. By successfully completing the Challenge, you will earn 5 Credits.

How to Track Points

1. Track your activity online each day at www.KansasHealthQuest.com or use the Mya app.
2. You can use the paper tracking form for convenience.
3. Be sure to record all activity points online by January 7, 2015 and your 5 Credits will be automatically awarded.

www.KansasHealthQuest.com

Track Your Challenge Points Using Our iOS Or Android App.

There is no cost for the app, just download and start tracking your progress!

- Download the Mya™ app through the App Store or Google Play.
- If you have a HealthQuest program profile already set up, simply login using your program website User ID and Password. Otherwise, set-up a User ID and Password by clicking "Get Started" on the App login screen.
- Use your client access code (kansas) when setting up a new User ID and Password on Mya™ or if you've forgotten yours and need to reset. Note that once reset on the app, your User ID and Password also resets for login to the

Look for the challenge to be available on the Mya™ November 20, 2014! It is a great opportunity for you to use your mobile device to help you make healthier choices with the simplicity and convenience right at your fingertips.

